



Safe Haven

September 2019

Arroyo Grande Wellness Center
 "Safe Haven"
 203 Bridge St. Arroyo Grande, CA 93420
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
2 Centers Closed For Labor Day	3 10-11 Managing Anxiety 11:30-3 Mediterranean Cooking Class 3-4 Cleansing Safe Haven	4 10-11:00 Women's Group 11:00-12:30 Calendar Brainstorm@ Andreini's Café 1-2 Coping with Depression 2-4 Walking For Wellness: Bob Jones Trail	5 10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 3-4 Welcoming Healthy Communication	6 Center Closed Staff Training
9 10-11 Coping with Voices 11:30 – 12:30 Yoga with Megan 1-2 The Grub Club 1:30 -4 Sound Bath Harmonic Prana with Jamie Dubin	10 10-11 Managing Anxiety 11-4 Out and About Lunch and Movie	11 10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping with Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk 1-3:30 Ambassador Training @ TMHA	12 10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:00 Poetry Collective 2-4 Documentary "Above Us Only Sky"	13 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation
16 10-11 Coping with Voices 11:30-12:30 Yoga with Megan 1-2 The Grub Club 2-3 Music Heals 3-4 Qi Gong	17 10-11 Managing Anxiety 11-4 Pismo Beach Party <i>Build your own Sando</i> <i>Kite Flying</i> <i>Frisbee</i>	18 10-11 Women's Group 11:30-12:30 Yoga Nidra with Patricia 1-2 Coping With Depression 2-4 Walking For Wellness: Bob Jones Trail	19 10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 3-4 Welcoming Healthy Communication	20 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation
23 10-11 Coping with Voices 11:30 – 12:30 Yoga with Megan 1:30-4 Sound Bath Harmonic Prana with Jamie Dubin	24 10-11 Managing Anxiety 11-3:30 Taco Tuesday at Taco Temple Woods Humane Society 3:30-4 Safe Haven Ambassador Meeting	25 10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping With Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk	26 10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 3-4 Welcoming Healthy Communication	27 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation
30 10-11 Coping with Voices 11:30-12:30 Yoga with Megan 1-2 The Grub Club 2-3 Music Heals 3-4 Qi Gong	September is National Yoga Awareness Month 	Please join us in Welcoming our new Yoga Volunteers Carol Megan and Patricia	<i>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</i> (805)489-9659	Life Happens! All events subject to change! Please RSVP for all outings/events. Doors close 10 minutes after group begins.

Saturday 21
10-12 NAMI Family to Family Support Group @ Safe Haven